



NBCC Senior Nutrition Program May 2010

Mon	Tue	Wed	Thu	Fri
3 Baked Potato Stuffed with Chili Green Bean Apple Enchilada Roll	4 BBQ Pork On a Hoagie Roll Baked Beans Coleslaw Fruit	5 Vegetable Soup Beef Burrito Refried Beans Tropical Fruit Salad	No Lunch Served on Thursdays <u>Lunch Fees:</u> 60+: \$3 Suggested Donation Under 60: \$5.75 fee Lunch served at Noon Join us for a Special <u>Mother's Day Luncheon</u> on Wed., May 12th 11:30-1 pm	7 Macaroni & Cheese Caesar Salad Fruit Salad
10 Roast Beef Baked Potato Spinach, Roll Fruit	11 Turkey Florentine Roasted Potato Vegetable Blend, Roll Fruit Medley	<u>12Mother's Day Lunch</u> Honey Mustard Chicken Roasted Potatoes, Vegetable Blend, Roll, Fruit		14 Fish Almandine Rice, Roll Vegetable Blend Berry Crisp
17Chicken Parmesan with Pasta Italian Vegetables Bread Stick & Fruit	18 Hawaiian Pizza Santa Fe Salad Tropical Fruit	19 Clam Chowder Egg Salad Sandwich Cucumber & Tomato Salad, Berries		21 Hungarian Goulash Mashed Potato Fruit
24 Salmon Patty Tater Tots Vegetable Blend Tomato Salad, Fruit Cookie	25 Waffle Cottage Cheese w/ Pineapple Veggie Sausage Mixed Melon	26 Turkey Noodle Soup Turkey Sandwich Fruit Salad		28 Cheese Burger 3 Bean Salad Fruit
31 Closed For Memorial Day				
<i>Remembering those who have given their lives in service to our country</i>				
				

For information, call 425-452-7681 Thank you to Starbucks and Tully's for pastry donations!

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change.
 Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.